

Mushroom – Black Bean Chili

Yield: 10 servings

Ingredients

2 Tablespoons vegetable oil	2 Tablespoons chili powder
1 ½ teaspoons ground cumin	2 medium onions, chopped
1 pound mushrooms, sliced	2 15.5 oz. cans black beans, drained and rinsed
1 15.5 oz. can diced tomatoes, drained and rinsed	2-3 cups water
1 11 oz. can cream of mushroom soup (1/2 of a 22 oz. can)	
1 ¼ cups Monterey jack or pepper jack cheese (or sour cream)	

Directions

1. Heat oil in a skillet on the stovetop over high heat. Add chili powder and cumin.
2. When spices start to sizzle, add onions and mushrooms. Cook for 5 to 7 minutes until vegetables soften
3. Place canned beans in slow cooker. Pour the hot veggies over the beans
4. Add diced tomatoes, soup, and water. Cook 1-2 hours on high or 2-4 hours on low
5. Serve chili topped with cheese or sour cream

Nutrition Facts per serving

190 calories, 8 g fat, 15 mg cholesterol, 400 mg sodium, 21 g carbohydrates, 6 g fiber, 10 g protein

